

BARSTOW LOG

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Marine Corps Logistics Base Barstow, California

July 8, 1999

Jones installed as CMC at Marine Barracks ceremony

By GySgt. Frank Patterson

Public Affairs Chief

WASHINGTON, D.C. – America witnessed the end of a Marine Corps dynasty and the opening of a new chapter in history as the 32nd Commandant of the Marine Corps assumed command of America's 911 Force in Readiness June 30.

In a gala event where 41 congressmen were lost amidst a sea of brass and silver, Gen. Charles C. Krulak, the last in a long line of military legends, passed the Marine Corps colors to Gen. James L. Jones in front of the Corps' oldest post - the Marine Barracks at 8th and I streets in Washington, D.C.

"God blessed me with the opportunity to lead Marines in war and peace," said Krulak in his closing remarks. "I've seen them at their happiest, and I've seen them at their worst. I've had them die in my lap."

The new Commandant pressed on immediately with the Corps' business. His guidance is already posted on the Marine Corps homepage on the Internet, and he issued his first order as Commandant on July 1.

"My first observation is that the Corps is ready to do what the nation requires," Jones writes in his message to All Marines (ALMAR 021/99). "My first order, therefore, in tribute to our 31st Commandant, is 'continue to march.'"

Jones was born Dec. 19, 1943, in Kansas City, Mo. After spending his formative years in France, he returned to the United States and graduated from the Georgetown University School of Foreign Service with a Bachelor of Science degree in 1966.

He was commissioned a Marine Corps second lieutenant in

January 1967. After completing The Basic School, Quantico, Va., in October 1967, he was ordered to the Republic of Vietnam, where he served as a Platoon and Company Commander with Company G, 2d Battalion, 3d Marines. He was promoted to first lieutenant in June 1968.

Returning to the United States in December 1968, Jones was assigned as a company commander at Camp Pendleton, Calif., where he served until May 1970. He then received orders to Marine Barracks, Washington, D.C., serving as a company commander until July 1973. He was promoted to captain in December 1970.

From July 1973 until June 1974, he attended the Amphibious Warfare School at Quantico, Va. In November 1974, he reported as company commander to the 3d Marine Division, Company H, 2d Battalion, 9th Marines on Okinawa serving there until December 1975.

From January 1976 to August 1979, Jones served in the Officer Assignments Section at Headquarters Marine Corps, Washington, D.C., where he was promoted to major.

His next assignment was as the Marine Corps Liaison Officer to the U.S. Senate, where he served until July 1984. He was promoted to lieutenant colonel in September 1982. After graduating the National War College in Washington, D.C., in June 1985, he was assigned to command the 3d Battalion, 9th Marines, 1st Marine Division, Camp Pendleton, Calif., until July 1987.

In August 1987, Jones returned to Headquarters Marine Corps, where he served as Senior Aide to the Commandant of the Marine Corps. He was promoted to colonel in April 1988, and became

See CMC Page 8

"I solemnly swear ..."



Photo by Sgt. Will Donaldson, Headquarters Marine Corps

Secretary of Defense William Cohen administers the oath of office to Gen. James L. Jones at Marine Barracks in Washington, D.C.

Local CHRO and SEC provide pre-retirement help

Are you close to retirement age and insecure about your financial future?

The Civilian Human Resources Office here is holding a Pre-Retirement Planning Seminar July 14 and 15 from 8:30 a.m. to 3:30 p.m. in the Blue Room at Bldg. 37.

For more info call the CHRO at 577-6279.

SEC offers helpful investment information

The Securities and Exchange Commission recently posted helpful hints about retirement on the Internet. Rather than pay a financial planner for advice, download the following information at <http://www.sec.gov> (Click "Investor Educator Assistance" link).

Financial Facts Tool Kit

Get the facts on Saving and Investing – a basic primer from the SEC to get you started on the road to saving and investing wisely.

Consumer's Almanac – A calendar tool from the American Financial Services Association to

help organize your finances and manage your money.

Top 10 Ways to Beat the Clock and Prepare for Retirement – Tips on planning for retirement from the Department of Labor and other sources.

Ballpark Estimate – A one-page worksheet from the American Savings Education Council to help quickly calculate how much you need to save for retirement. There is an option to download the one-page form for manual calculation or on their web site <http://www.asec.org>; there is an interactive version.

Tools to Understand Investment Choices

Invest Wisely – Advice from the securities regulators. Basic information from the SEC and other sources to help select a brokerage firm, make investment decisions and monitor investments.

A Guide to Understanding Mutual Funds – A new publication from the Investment Company Institute that explains mutual funds, describes how to develop an investment plan and

lists questions to ask before you invest.

An Investor's Guide to Corporate Bonds – A brochure from the Bond Market Association that explains corporate bonds and how you can make money by lending your money to corporations.

An Investor's Guide to Municipal Bonds – Information from the Bond Market Association on what you need to know about municipal bonds, including tax considerations, safety and other basic information.

Invest Wisely: An Introduction to Mutual Funds – Advice from the SEC about mutual funds and the impact of fees and commissions.

Tools to Manage Your Money and Investments

Ask questions – Tips from the SEC on the questions you should ask about investments and the people who sell them, and what to do if you have a problem.

10 questions to Ask When Choosing a Financial Planner – Guidance from the Certified Financial Planners, Board of Standards to help

you identify a financial planner who is right for you, including a checklist to use when you interview financial professionals.

Form for Taking Notes – The SEC suggests that you use this form to keep a record of what your broker tells you about your investments.

Cold Calling Alert – A brochure from the SEC which provides information on your legal rights, how to deal with cold calls, how to stop them, and how to evaluate any investment opportunity that comes your way over the phone.

Getting More Information

Alliance for Investor Education – Sources for investor information

Best Sellers – Publications from the Federal Trade Commission

Your Guide to Understanding Investing – A reference book to educate investors in "plain English" about investing and different types of investment products.

Consumer Information Catalog – Free or low cost publication from government agencies for consumers on a variety of topics, including money, saving and investing.

The Commander's Forum

Why is Yermo left out of base disaster drills?

Q: "Sir, I would like to know why the Yermo side of the base is never included in the base disaster drills. The base disaster preparedness office seems to think that nothing will ever happen on this side of the base. The last time a disaster drill involved this side of the base and its employees was in the early 90s. Most of the employees for the base work in Yermo. This means that if a terrorist were to attack, they would probably head for the MC where the most 'bang for the buck' damage could occur. I would like to see an answer printed in the BARSTOW LOG. This way Yermo personnel can all see the answer."

A: The safety of everyone aboard MCLB Barstow is my number one priority.

By exercising our people to possibly neutralize a terrorist attack or respond to an earthquake, we give personnel aboard MCLB valuable, realistic training which will be essential if an emergency ever occurs.

We have conducted two major drills this year. The first one involved terrorism with the areas of focus being the Base Commissary, the barracks area, and the train tracks east of the water treatment facility at Nebo. Nebo was

used primarily because it was easier to coordinate logically.

My focus was to see, for the first time under my watch, how the Emergency Operations Control Center (EOC) would be set up, how effective the staff worked as a team, and how proficient our security forces would be in handling multiple incidents.

Needless to say, some things were done right and others were not.

The second and most recent drill in May focused on earthquake preparedness.

As part of the drill, we used the water treatment facility at Yermo as one of four separate incident sites. All departments, tenant activities, as well as local fire, hospital, police, ambulance services, and the local chapter of the American Red Cross were exercised.

I was very pleased with the outcome and of the efforts of all who were involved.

In our plan to continuously expand disaster preparedness training, I directed the Public Safety Department to ensure that employees who work at the Yermo Annex become more involved in future drills and that the EOC concentrate more on the training of all employees on both Nebo and Yermo.

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDERS FORUM@HQTRS1.

Take time for a personal mid-year review

By 1st Lt. Vincent Bosquez
MCAGCC 29 Palms, Calif.

Today is the halfway point of 1999. When the new year started, there was a lot of excitement about beginning what many call the final year of the 20th century. Resolutions were made, dreams were born, and many Marines and Sailors vowed to make January 1, 1999, the first day of their "new" life.

Renewal and rebirth are the themes of new year celebrations in January, but by the end of June, the magic of the holiday season is gone, and the urgency and necessity to better oneself has all but disappeared. Our emphasis has shifted to other areas. Our life, in a sense, has been OBE (overcome by events).

Hopefully, most of you are still following your resolutions and dreams, and have had a successful 1999. If not, it's never too late to start.

Now is the time to recapture the feeling of renewal that existed at the beginning of the new year. I believe the most important consideration that should be made as we strive for

self-improvement is that the goals we set should be desirable. If we wish to eliminate an old habit, or if we wish to take up a new hobby, then we need to be convinced that our goal is worthwhile; not for our wife, not for our children, not for our doctor, not for our friends, but for ourselves.

Knowing our objectives, establishing goals, and setting out to achieve them should put us into the proper frame of mind as we wind down 1999 and enter into a new millennium. So what if it's the middle of the year. Call it your "mid-year review." Take stock of your personal life. Look for signals that the things that you're doing aren't exactly conducive to a healthy lifestyle. Here are some examples:

-Has drinking alcohol become a problem to the point that you're sometimes afraid to drink for fear of harming someone with your words, your violent actions, or your motor vehicle?

-Are inappropriate magazines, movies, books and CDs more important than other recreational material you once enjoyed, and were not ashamed to show the family?

-Would your language horrify your loved ones?

-Has it been a long time since you've attended your church, chapel, temple, synagogue, or other place of worship?

How can you avoid these undesirable results?

-Count the costs. What do our undesirable habits cost us? What do we pay in terms of money, self-respect, self-confidence, impact on loved ones, our health, and our job performance? Write them down on a card and pull it out every time you're tempted to re-do an old habit.

-Identify the path that leads you to bad behavior. Most undesirable acts are preceded by small choices, acts, or thoughts. The time to exert the effort to stop a habit is when your mind begins to move in that direction.

-Cultivate new habits. Unfortunately, at times the harder we try to stop doing something, the tougher it is. Since our thoughts never stop, a new focus is necessary. Select a positive pastime; one you wouldn't mind

See MID-WAY Page 9

What gifts may we share with our children?

By Chaplain Alan M. Hansen

MCB Camp Lejeune

What could we give our children that overshadows all other possible gifts? Could it be the gift of a good name, one that stands for integrity? A good education that will help them in the pursuit of life? Perhaps a small inheritance given to our children would be the one great gift that would exceed all others. Maybe even a great sense of self that will motivate them to succeed as they strike out on their own would be a good gift. Indeed, we desire to pass a bit of ourselves on to our offspring in some small way, but how will we do it?

I think most parents offer a prayer at the birth of their child asking God for the ability to be very good parents.

You may wonder if the Bible offers any help for parents as they raise their children. I believe it does, and perhaps a good starting point would be Jesus' answer about the first or most important commandment as found in the Gospel of Mark. Jesus' response is found in Mark 12:29-34. *"The first (or most important) of all the commandments is: Hear, O Israel; the Lord our God is one Lord and you shall love the Lord your God with all your heart, your soul, your mind, and strength. This is the first commandment."*

The second is: *"You shall love your neighbor as yourself. There are*

no other commandments greater (or more important) than these."

As we read, we should gain some insight into the gifts that we can pass on to our children that will overshadow all other gifts.

Parents can help their children learn to love God. Deuteronomy Chapter 6, shows parents the place in teaching children what in life the Jewish nation held to be ultimate.

It was their goal and mandate to lead their children to a thriving love for God, that would be exemplified in a "hunger and thirst for righteousness." Jesus said that we should love our neighbor. Not instead of, but, as we love ourselves. Children like adults need approval and affirmation.

I am reminded of a pastor and his son who were climbing a particularly high mountain. They had never been to the top, they were getting tired and were uncertain how much further they had to go. They were not even certain it was the right trail. They stopped to rest and even talked about going back. While they were resting, a couple coming back down the trail stopped to talk to them.

The pastor asked, "How much further is it to the top?"

The couple replied with a note of enthusiasm in their voices "It's not far just a few hundred feet and then a short, steep climb. You can make it, and the view is worth the effort."

With those words of encouragement the pastor and his son continued the climb. They found the view was well worth their

effort.

Many parents find themselves tired of the struggle that often comes with parenthood. They need to hear someone say: "You can make it. The view (outcome) is worth the effort." This is why the Apostle Paul challenged us to "encourage one another." (I Thessalonians 5:11).

Finally, parents can help their children love others.

Jesus taught in the Sermon on the Mount that Christian love must not be reserved only for friends and neighbors, but should be extended beyond our immediate company of friends and acquaintances.

I remember seeing a plaque which read, hands joined in love won't make fists. It was the Apostle Paul, who said, *"let all bitterness and wrath, and anger, and clamor, and evil speaking be, put away from you, with all malice And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you"* (Ephesians 4:31-32). He was speaking of the act of love towards others, in opposition to many other acts that are not honorable in the Lord's sight.

If parents take seriously their gifts to their children, a beginning point may be Jesus' response in Mark 12:29-34 which gives us an outline to help our children learn to love God, self and others in our world.



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Colonel Mark A. Costa, Commanding Officer

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For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

Marine Website

A new website for Marines has been established to help put Marines in touch with each other, with former Marines and with former Marines working in the civilian community who can offer job opportunities. According to 1stSgt. A. D. Novinec, website co-creator, the website, <http://www.usmcjarheadnetwork.com>, is a place where Marines can network the employment pages, post resumes and establish contacts.

Navy/Marine Corps Relief Society

The Navy/Marine Corps Relief Society has layettes for expecting Navy and Marine families. Draw up a budget for your baby and be on your way with a bag full of goodies for the new addition to your life. Navy Relief is also here for your essential needs and unexpected crises.

We are here for you. Call Kaya Frechette at 577-6627.

The Known Marine

The Marine Corps Drill Instructors Association dedicated its first monument, "The Known Marine," at Parris Island, S.C. on April 24. More than 400 people attended the dedication ceremony. Engraved bricks with

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

donors' names were placed at the site.

The next project is to build the same monument at MCRD San Diego and have it in place before the reunion in September.

It will cost \$140,000, which will be completely funded by donations and brick sales. To help build this long lasting tribute, write to:

United States Marine Corps Drill Instructor Association National Headquarters
4085 Pacific Highway
San Diego, CA 92110
Or call (619) 688-0864.

Safety Shoes

The shoemobile will visit MCLB Wednesday. It will be available at Building 573, Yermo, from 7-11 a.m. and building 236, Nebo, from noon-2 p.m. For more info, call 577-6724.

Leave donors needed

Thomas Wilson Jr., Public Works Division, has been affected by a medical emergency.

Anyone willing to donate leave under the leave sharing program may obtain a leave donor application through their division administrative officer.

For more info, call Connie Zamora at 577-6657.

Route 66 Market Festivals

The Barstow Area Chamber of Commerce is sponsoring the Fifth Annual Market Festivals Tuesday evenings from 6-10 p.m. at the Barstow Mall until Sept 28. This year's theme is the Route 66 Market Festival.

The annual event features a variety of craft, food and produce vendors, children's rides and a variety of entertainment. Weekly themes will include Youth Night, Calico Night, Harley Davidson Night and others. Look for these nights in the future:

Date	Event
July 13	50s Night
July 20	Community/Garage sale
July 27	Calico Night
August 3	Harley Davidson Night
August 10	Heath/Fitness Night
August 17	Youth Night

For more info, call Tera Moore at 256-8400 or the Chamber of Commerce at 256-8617.

World War II display

An exhibit entitled "World War Two Through Russian Eyes" is on display at Balboa Park in San Diego until Sept. 30. It traces the path of the Red Army and Air Force across Eastern

Europe and the culminating battle for Berlin.

The exhibition travels to Tokyo next, and plans are underway for its display in other major cities.

Soccer team

MCLB Barstow is looking for a few good soccer players to bring home the West Coast Regional Championship trophy. The tournament will be held at MCRD San Diego Oct. 10-16. For more info, call SSgt. Neville Golding at 577-6259.

ASMC Luncheon

The American Society of Military Comptrollers will sponsor its next luncheon Aug. 18 at the Oasis Club. The guest speaker will be Barbara Vanlandingham, the A-76 expert at Fort Irwin. More details about the luncheon will be posted in the near future. For more info, call Lou Ann Presley at 577-6636.

FMA Luncheon

The Federal Managers Association is hosting a luncheon at the Oasis Club July 21 at 11 a.m. FMA President Mike Styles will be the guest speaker. The meal will be lasagna, for \$5.50, or a chef's salad for \$4.50. For more info, call Robert Wyman at 577-6866.

Children's Art Workshop

The Barstow Art Guild will hold a children's workshop July 17 from 9 a.m. to noon, at the First Congregational Church at 220 N Second St. in Barstow. The class will be "Paper Mache Creations." Teens and adults are welcome to attend, help and learn. For more info, call Elaine at 252-2856.

Watering schedule

The Base Housing Office has released its summer watering policy. From June 1 to Oct. 31 family housing will be sectioned into four watering zones:

Zone 1: South of Vera Cruz and Montezuma, may water on odd-numbered days of the month.

Zone 2: North of Vera Cruz and Montezuma, south of Rendova and Munda, may water on even-numbered days of the month.

Zone 3: North of Rendova and Munda, south of Chosin may water on odd-numbered days of the month.

Zone 4: North of Chosin, may water on even-numbered days of the month.

Club St. may water on odd-numbered days, and all housing residents may water on the 31st of the month.

See BRIEFS Page 9

'E-commerce' eases defense contracting and purchasing

By LCpl. Brian Davidson
BARSTOW LOG staff

Today's lean, streamlined business world is moving at rapid rate, thanks to advances in information and communications technology.

Uncle Sam isn't being left behind.

The Department of Defense has implemented E-commerce, a system for electronic commerce that decreased the amount of paper used in making transactions.

Under the leadership of Secretary of Defense William Cohen, the DoD established the Joint Electronic Commerce Program Office in 1997 as part of his Defense Reform Initiative, according to an American Forces Press Service press release.

The program's ultimate goal is to get America's armed forces the materials they need in a timely fashion.

"We have to continue to harness the power of the microchip," said Cohen, "so our men and women in uniform can get what they need when they need it, faster, better, cheaper than ever before," he added.

"The [E-Commerce] program will save a lot of money in the long run," said Fran Englehart, Contracting and

Purchasing Supervisor for MCLB Barstow. "It will save overhead cost by eliminating excess hard copies and receipts and make tracking product data easier for any installation on-line with the new Standard Procurement System."

Last year's goals for the Electronic Commerce Day may soon be reality, according to Cohen.

"DoD is rapidly approaching the point where we can say we're going to have a virtually paper-free contracting system," said Cohen. "These were once simply lofty hopes. We are turning those into reality."

One of the key factors in the success of the initiative is the Government Purchase card, a charge card that expedites the purchasing process by enabling Contracting and Purchasing staff to pay for goods and services valued at \$2,500 or less at the point of sale.

"The purchase card is a great asset for us because it allows our staff greater

mobility and our purchases are easily tracked around the globe even, so directors know where the money is going," said Englehart.

According to Cohen, suppliers participating in a recent DoD electronic "shopping mall" sold more than \$27 million in products ranging from socks to semiconductors. The DoD has reduced its operating cost and delivery times for countless agencies by instituting the government purchasing cards for most small purchases.

"The card, in combination with the new SPS Interface, is allowing us to better ensure that we're getting the best equipment for our troops at the best price, because it allows us to solicit bids from merchants on the Internet and make our bids more global," said Englehart.

MCLB Barstow's upgrade to the new interface was completed May 10.

Visit <http://www.defenselink.mil> for up to date information on how the DoD is preparing for the future.

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saw it in the BARSTOW LOG**

Commissaries stamp out Y2K

By Jim Garamone

American Forces Press Service

WASHINGTON — "We'll keep selling groceries, no matter what the year 2000 brings," a Defense Commissary Agency spokesman said.

Herb Greene of the agency public affairs office said the defense grocer is working on fixing the so-called Year 2000 computer bug at all 294 commissaries worldwide. "We don't expect major problems," he said. "There may be a few embedded microchips we miss that won't allow us to open a time lock, for example, but we believe we've caught most of the problems."

The Year 2000 problem, nicknamed "Y2K" and "millennium bug," refers to a past computer industry practice of writing years with just two digits — 1999 would be "99." Because of this digital shorthand, on Jan. 1, 2000, some computer systems and equipment that use microchips might read "00" as "1900." This error could generate more inaccurate data and even cause sys-

tems to shut down. Computer systems that won't handle the year change correctly must be fixed or replaced. Systems that will work correctly are called "Y2K-compliant."

The commissary agency has been working on Y2K fixes since it became aware of the potential problem several years ago, Greene said.

Agency specialists identified mission-critical systems early and will have them all Y2K-compliant by October, said Stanton H. Ferguson Jr., the DeCA Year 2000 program manager. Mission-critical systems are those that allow the agency to sell groceries, to restock and to pay vendors, he

said. DeCA has completed testing of the integrated scanning system to ensure it will work after Jan. 1, 2000, officials said.

The agency has also worked with credit card and debit card providers to ensure these services will continue to be available to the 11 million customers worldwide.

The agency has also considered that others may not be as far along in stomping out the millennium bug. "Contingency plans have been developed to provide detailed procedures for unanticipated Y2K disruptions and to provide for continuity of operations should the unexpected occur," Ferguson said. "Uninterrupted power sources in the stores provide backup electricity. [This will] ensure registers and electronic pay-

ment systems continue to operate."

Employees are checking to ensure everything is Y2K-compliant. This includes fire and security alarms, refrigeration monitoring systems and telephone systems. Officials are fixing or replacing systems as needed.

DeCA works with thousands of vendors worldwide. Officials are also working with suppliers to ensure the interface between the agency and the vendors continues to operate in 2000.

Bottom line, said officials, is that service members do not need to run out and stockpile groceries. "We've worked through hurricanes, floods and all sorts of natural disasters," Greene said. "Our people are committed to getting groceries to military people. We'll continue to do so."

Navy Hospital unveils interactive medical care

By Douglas Gillert

American Forces Press Service

SAN DIEGO — The young boy courteously answers his nurses' questions. Yes, he's taking his medicine. No, he's not over-exerting himself when he plays with his friends outside. Yes, he's been sleeping well. No, he hasn't had too much of a problem breathing.

He doesn't mind the questions because at least he doesn't have to go to the hospital, where all those sick people are. He isn't missing school, and he can be with his friends a lot quicker and for longer than if he had to go to the hospital.

It's kind of like watching television. Hey, not bad; he can talk with the person on the TV. That's pretty cool. Asthma's a drag, you know, but yeah, he can deal with it.

The little dude's lucky, because he has parents in the military and they get their health care from Naval Medical Center San Diego. It has cool programs like "telehome care" for pediatric asthmatics. So here he is in his living room talking to his nurse back at the hospital. Just seeing her smile at him makes him feel pretty good. Like, he's going to be all right.

In 1997, the medical center received \$750 million from DoD to develop telemedicine initiatives like this one. Air Force LtCol. Kerry Larson is the second head of the Telemedicine and Technology Assessment Office, a job that takes someone like him, who gets excited about applying technology to health care, a physician who knows the difference between high and low bandwidths, who understands the limitations and exploits the strengths of telecom-

munications to treat patients. He's definitely enthused about the program.

"We're using telemedicine primarily for ear, nose and throat patients and neurology, and we're just starting up tele-psychiatry," he said. "Because many of the military treatment facilities in Southern California are in isolated locations, they have only limited access to civilian medical specialists. With telemedicine, we extend the reach of Naval Medical Center specialists and also save patients time away from their duties and homes."

Larson admits the primary business logic behind telemedicine is saving the government travel costs and time military people have to spend away from their units. In fact, TRICARE Southern California has conducted more than 400 telemedicine consultations, deferring \$100,000 in travel costs and saving 5,000 hours in lost travel time. But there are even greater dividends for the physicians and patients, he said.

For example, an Army colonel at Fort Irwin, Calif., previously visited the Naval Medical Center for medical care but received his follow-up care at the fort, rather than traveling the desert freeway to San Diego, an eight-hour round trip.

"Patients like telemedicine because it allows them to remain with their own doctors and close to home," Larson said. "We had to overcome some initial skepticism from the physicians, but once they experienced what it can offer, they got behind it. Now they offer us ideas for other ways we can use the technology."

Specialists at the Naval Medical Center use telemedicine consults not only to directly examine patients but to train general

physicians in specialty care. Taking that concept a step further, the medical center now provides quarterly continuing medical education courses over the system. It hosted an all-day trauma symposium, with 16 treatment facilities logged onto the system for eight hours. The symposium was open to anyone, and even drew interest from outside Southern California when physicians at Nellis Air Force Base, Nev., tapped into the on-line training.

Each telemedicine consultation usually lasts about 20 minutes, according to Cmdr. Bobbie Crann, telemedicine clinical coordinator for TRICARE Southern California region. The outlying hospitals and clinics using automated software schedule most of the consultations by medical center specialists. But there also have been some emergency cases.

"A couple of weeks ago, a patient at Port Hueneme [a naval installation about 60 miles north of Los Angeles] was bleeding excessively after surgery," Crann said. "A specialist here was able to examine the patient through a telemedicine hookup and help the physician there stop the bleeding, so the patient was treated faster and better and a trip to San Diego was unnecessary."

Telemedicine is really about access to care, according to TRICARE administrators here. It's about satisfying family members' medical needs and helping them avoid trips to the emergency room. It's about keeping soldiers close to their home posts and the training they need to be ready to deploy. And it's about helping doctors learn new skills and raise the quality of care they can give, no matter where they are based.

It's about good medicine.

Magistrate Court results:



Charge: Driving with an open alcohol container
Sentence: Guilty, \$120 fine.

Charge: Speeding, failure to appear in court
Sentence: Guilty on both counts, \$150 fine for speeding and \$500 fine for failure to appear.

Spotlight on volunteerism



Photo by LCpl. Brian Davidson

GySgt. Michael Claudio (right) congratulates his son, Joshua, as he scores a run for the Rockies.

Michael Claudio coaches the Rockies T-ball team three days a week and finds it a great way to spend his free time.

His wife, Carmen, also volunteers as the team mother for the Rockies.

SALUTES

Installation and Logistics Division

Federal Length of Service Awards

35 years
Edward Guz
Carl Fillingame
Robert Manning

30 years
Richard Baldonado

25 years
Manolo Bay
Larry Emmons
Robert Wold

Donald Hess
Ricardo Sanchez

20 years
Thomas Wilson, Jr.
Tyrone Turner

15 years
Gary Lengkeek
Courtney Mermilliod

10 years
Rhonda Ray
Joseph Scwartz

Marine Corps Length of Service Award

30 years
Anne Milner

Sick Leave Award

2000 hours
Loretta Lopez

500 hours
Ernestine Fabila

Supervisor's Commendation Award

Charley Snedeker

Donald Crownover

Supervisory Certification

Peter Barela Sr.
Jerry Davidson

Tito Escobedo
Manolo Bay

Dale Peabody

Headquarters Battalion

Promotions

LtCol. Mark Maloney
Sgt. Matthew Weir
Cpl. Shane Needham
Cpl. Elder Reyes
Cpl. Owen Eggleston
LCpl. Bradly Miles

Good Conduct Medals

Sgt. Matthew Weir
Cpl. Owen Eggleston
Cpl. Jeff Osborne
Cpl. Craig Myers
Cpl. Jason Yazzolini
Cpl. Ernie Mena
LCpl. Brian Whitten

New programs aim to reduce stress, prevent suicide

By Paul Stone

American Forces Press Service

WASHINGTON – President Clinton and the Department of Defense recently announced two new Defense Department initiatives aimed at improving the mental health of service members.

The first, called the "combat stress control" program, seeks to identify and manage stress during deployments before it adversely impacts service members' coping skills and effectiveness.

The second initiative, aimed at suicide prevention, takes an existing Air Force suicide prevention pilot program and expands it throughout DoD by the end of the year. The program has been particularly successful, achieving a 50 percent reduction in suicides in only three years.

The President announced the initiatives in conjunction with the first-ever White House Conference on Mental Health, held June 7 at Washington's Howard University and chaired by Tipper Gore, wife of Vice President Al Gore. The President and Mrs. Clinton also participated in the all-day conference aimed at reducing the stigma associated with mental health disease and treatment and improving care throughout the nation.

"DoD must emphasize the critical importance of leadership and education and make military leaders more aware of the effects of combat stress on individuals and the military unit," Clinton said in a press release. He ordered DoD to report within six months on how it plans to implement the combat stress control program.

Dr. Sue Bailey, assistant secretary of defense for health affairs, and one of the White House conference participants, said both

initiatives are "part of DoD's emphasis on a fit and healthy force."

"Mental health, just like overall physical health, is an important component of service members' ability to serve, as well as overall unit effectiveness," Bailey said during an interview at the conference. She said DoD has already begun addressing the combat stress initiative and in February released a directive requiring:

- Each of the military services to develop and implement plans to reduce combat stress.

- A combat stress consultant be assigned to every unified command surgeon.

- Every service member from senior level to junior enlisted receive training on combat stress control.

- Adaptation of combat stress casualty management techniques to warfighting strategies.

- Mental health care providers train with their operational units on a periodic basis.

The combat stress control program will also be addressed in a DoD-wide conference scheduled for October. The conference will focus on shifting attitudes about mental health treatment away from what Gore called "the last stigma of the 20th century," and

toward an accepted and integral part of health care in general.

"We are stressing educating the military leadership that in our culture, which emphasizes strength, mental health is a part of our strength," Bailey said. "As an organization, we have to understand that stress is a normal response to abnormal events, such as long deployments, especially those involving conflict."

Equally important, she added, "We have to let our service members know it's OK to feel stressed, and it's OK to seek help if that's what they need to function within their units."

Bailey said the program also aims at getting mental health care "out of the clinics and out to the units," making it an integral part of deployed assets. Currently, DoD assesses troop mental health before and after deployments, but help is not always

available during them, Bailey said.

She said assessments and having regular access to mental health care are important because "if you don't ask about such things as depression, you may not find out. It's not going to be volunteered."

Beyond the cultural barrier of seeking mental health treatment within the military is the issue of privacy.

Bailey said DoD is working to improve privacy for service members seeking mental health treatment, but added that DoD also has to respect those times when national security concerns come into play.

DoD has proposed changes to the Manual for Courts-Martial that would create a limited patient-psychotherapist privilege of confidentiality. The changes are still in coordination among federal agencies and must receive final approval by the President.

The Air Force suicide prevention program to be instituted DoD-wide later this year emphasizes "a community approach" requiring involvement by senior leadership, line officers and a broad coalition of military community agencies, such as mental health providers, family support and youth development centers and chaplains.

Like the program for controlling combat stress, Bailey said, the suicide prevention program also emphasizes integrated care.

Additionally, she said, the program trains primary care physicians to look for signs that the need for mental health treatment may be manifesting itself in physical symptoms, such as anxiety, difficulty sleeping, sexual dysfunction or loss of appetite. Once fully developed and implemented, the DoD-wide suicide prevention program will incorporate the following strategies:

- Public service messages by senior leaders.
- Debriefing of individuals and units following traumatic events.
- Annual suicide prevention training for all service members.
- Integration of services from six agencies: mental health, family advocacy, health and wellness centers, family support centers, child and youth programs, and chaplains.
- Suicide prevention training in all professional military education programs.
- Development of a database of risk factors for suicide, as well as trends so preventative measures can be taken.
- Unit risk assessment surveys and intervention, as required.

Both the combat stress control program and the Air Force suicide prevention program take advantage of years of research into the mental health of service members, Bailey said. They also exploit advances in the medical community's understanding of and treatment options for mental health problems.

Participants at the White House conference repeatedly emphasized that advances in science, research and medicine have demonstrated the connections between mental health and physical well-being are real and, in most cases, as easily treated as physical complaints.

"It is time," Gore said, "to bring mental health care into the 21st century and end the stigma and discrimination that have for too long prevented people from seeking the treatment that can help them live healthy, productive lives."

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton
DEA-208-99	Amendment Electrical Engineer GS-850-11/12	05-25-99	07-30-99	06-25-99	San Diego, Calif.
DEA-218-99	Air Conditioning Equip. Mech. WG-5306-10(Term NTE 13 mos.)	05-26-99	07-30-99	06-18-99	Calif., Arizona
DEA-227-99	Civil Engineer GS-810-7/9/11	06-01-99	07-30-99	06-15-99	El Centro, Calif.
OTR-27-99	Motor Vehicle Operator WG-5703-08(Temp NTE 1 yr.)	03-24-99	09-30-99	04-07-99	Calif., Arizona
OTR-35-99	Computer Specialist GS-334-11(Temp NTE 1yr.)	04-06-99	09-30-99	04-20-99	Calif., Arizona
OTR-36-99	Materials Handler WG-5703-08(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach & Fallbrook
OTR-38-99	Materials Handler WG-6907-07(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach & Fallbrook
OTR-39-99	Ordnance Equip. Repair WG-6641-08(Temp NTE 1 yr.)	04-09-99	09-30-99	04-19-99	Seal Beach
OTR-41-99	Painter WG-4102-07(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Heavy Mobile Equip. Repair/Operator WG-5803-08/10/11(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Artillery Repair WG-6605-07(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Pneudraulic Systems Worker WG-8255-08(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow

For more information contact the Human Resources Office at 577-6484.

Save a life, but don't risk yours

Submitted by

Base Safety Office

The scenario is all too common: a swimmer gets overwhelmed by waves, realizes he or she is in danger of drowning, gets another swimmer to come to the rescue but pulls the rescuer under as well.

Both people often end up drowning.

Those who panic in the water may get so desperate they may not even realize they are holding someone else under water.

To avoid such a tragedy, follow these guidelines when trying to rescue a panicking swimmer.

Stay clear of a panicking swimmer.

If you can possibly rescue someone without going in the water yourself, try that first. Throw a life ring or extend a pole from shore, from a pier or from the side of a boat. If no flotation device, buoyant item or pole is avail-

able, guide your rowboat, canoe or raft to the drowning victim, taking care not to let your craft capsize when the person grabs on to it.

If you do swim to the person and the person tries to grab you, switch immediately to a backstroke to stay out of reach. Bring a flotation device, such as a preserver ring, with you to offer to the panicking swimmer. From a safe distance extend one side of the device.

If nothing buoyant is available, throw one end of a towel, shirt or rope and tell the person to hold onto the other end so you can tow the victim to shore.

If the person uses the cloth or rope to pull him or herself to you, let go of your end and swim clear of the person.

When you have to make contact with the victim:

If you're a trained lifesaver, try to approach a panicking swimmer from behind.

Pull his or her head close to yours with one hand around the chin, keeping the face upward and gripping the person's shoulder with your elbow. (In rough water, wrap your arm around the person's chest.) You may also have to use your other arm at first. Talk to the person to calm him or her down.

Once you start moving, straighten out your towing arm, don't stop talking and make sure the person's face is always out of the water.

If a panicking swimmer grabs you, break free by pushing the person away with a free foot and your arms. If you are grasped from behind, grab the wrist of the person's uppermost arm and pull it down. At the same time, push the person's elbow up over your head with your other hand.

If you can't break free, take a deep breath and try to swim downward until the person lets go. Resurface away from the panicking swimmer and, again, try to grab him or her from behind.

CMC from Page 1

the Military Secretary to the Commandant in February 1989. During August 1990, General Jones was assigned as the Commanding Officer, 24th Marine Expeditionary Unit at Camp Lejeune, N.C. While with the 24th MEU, he participated in Operation Provide Comfort in Northern Iraq and Turkey.

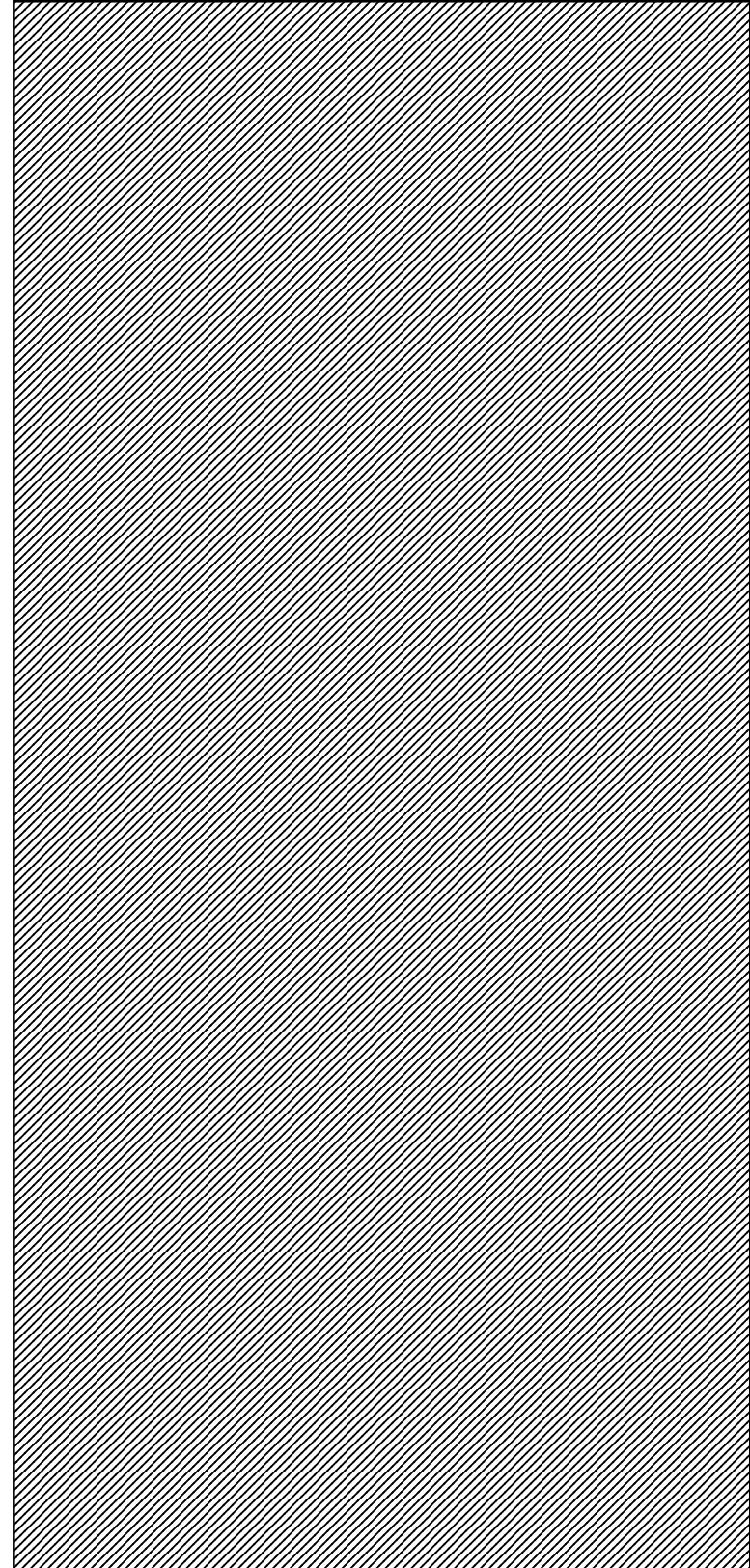
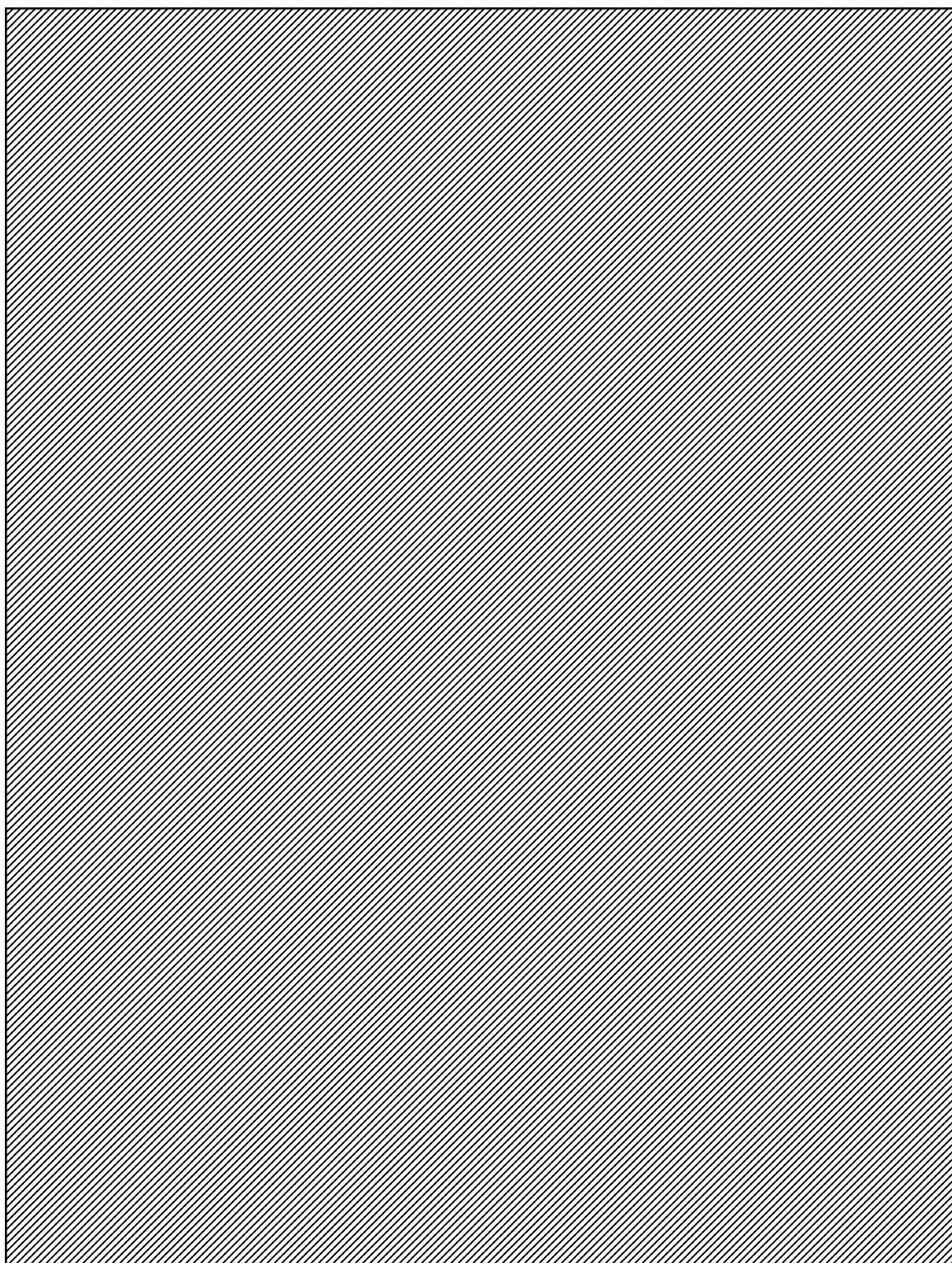
He was advanced to brigadier general April 23, 1992. Jones was assigned to duties as Deputy Director, J-3, U.S. European Command, Stuttgart, Germany, on July 15, 1992. During this tour of duty, he was reassigned as Chief of Staff, Joint Task Force Provide Promise, for operations in Bosnia-Herzegovina and Macedonia.

Returning to the United States, he was advanced to major general in July 1994 and was assigned as Commanding General, 2d Marine Division, Marine Forces Atlantic, Camp Lejeune, N.C.

Jones next served as Director, Expeditionary Warfare Division, Office of the Chief of Naval Operations, during 1996, then as the Deputy Chief of Staff for Plans, Policies and Operations, HQMC, Washington, D.C. He was advanced to lieutenant general July 18, 1996. His next assignment was as the Military Assistant to the Secretary of Defense.

He was nominated for appointment to the grade of general and assignment as the 32d Commandant of the Marine Corps on April 21, was promoted June 30, and assumed his current post July 1.

Jones wears a Silver Star and Bronze Star with Combat "V", the Defense Distinguished Service Medal, the Legion of Merit with three gold stars, and the Combat Action Ribbon in addition to numerous other awards and decorations received throughout his 32 years of service. Read the Commandant's Planning Guidance at <http://www.usmc.mil/cmc.nsf/cmc>.



Boating with safety in mind

Submitted by

Base Safety Office

Whether alone, in pairs or in groups—in calm lakes, fast-moving rivers, coastal surf or the open seas—canoeing and kayaking require paddling skills and attention to safety. Summer vacationers and tourists who rent a canoe or kayak without some preparation or experience are taking an unnecessary risk. Take courses offered by the American Canoe Association (headquartered in Newington, Virginia), the American Whitewater Affiliation (in Palatine, Illinois) or the American Red Cross or ask a local dealer about paddling clubs.

Essential Canoeing and Kayaking Skills

Everyone can benefit from observing some basic safety advice:

- Warm up and do some stretching exercises before plying the waters.

- You should always kneel in a canoe, including canoes with seats.

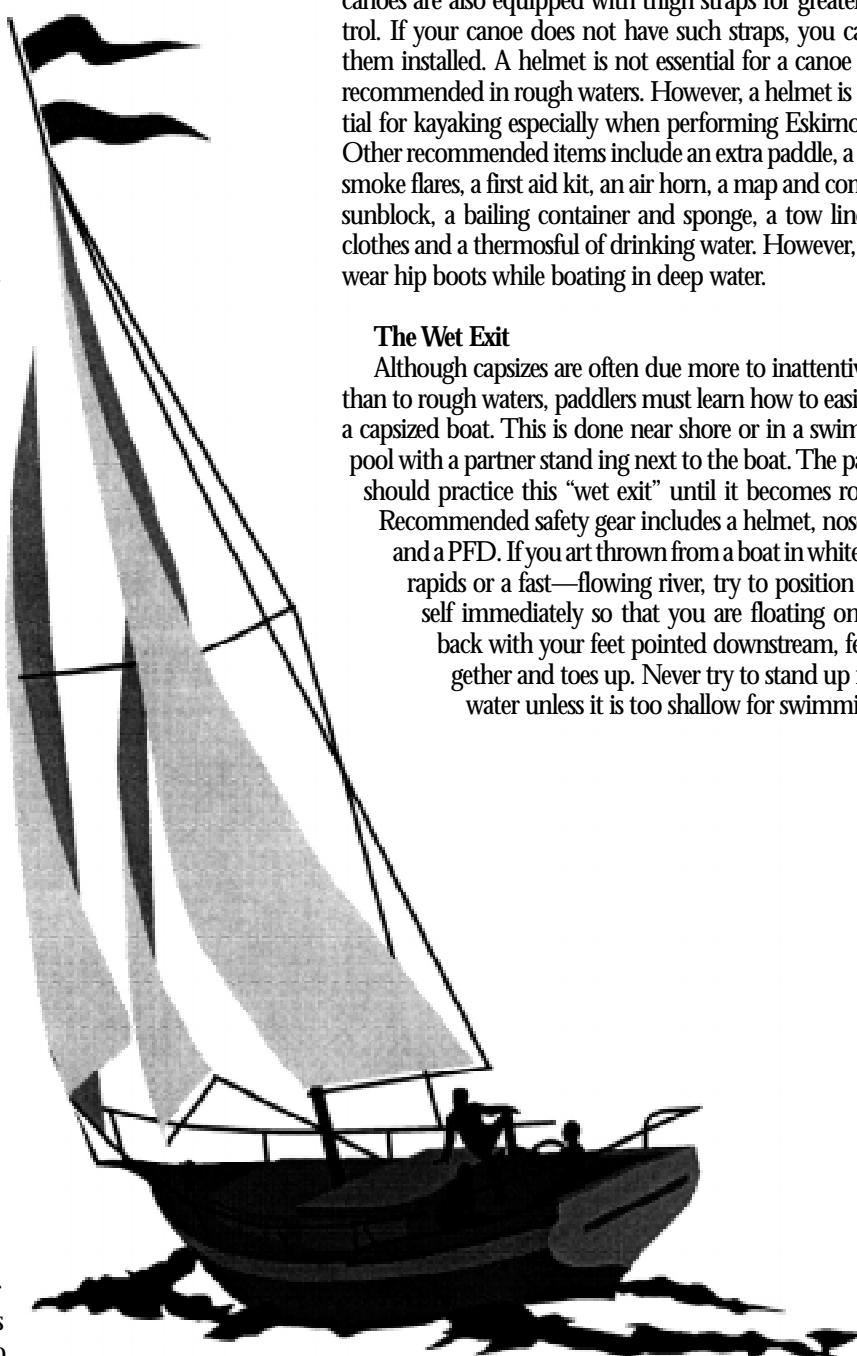
This increases the craft's stability by lowering the center of gravity.

A kayak should be fitted to the length of your legs.

- Flatwater skills are not applicable to river situations. If you are experienced only on a lake, you are not ready to venture down a river until you have completed some kind of basic river course.

- If you are boating in a certain body of water or section of a river for the first time, go with an experienced leader or walk the bank first. Look for hazards, such as rapids, waterfalls, fallen logs and areas of heavy boating traffic. Avoid exceptionally cold waters or cold weather, remote areas, dawns and rising rivers. Never canoe or kayak on a flooded river and avoid unknown caverns you may see in the ocean surf.

- Learn the six classifications on the international scale of river difficulty and how the river you want to navigate fits into one of them. Also



learn any known daily weather and tidal patterns.

Any whitewater boating trip must be exhaustively planned in advance. Never take such a trip alone.

- If kayaking learn the "Eskimo roll," a technique for rapidly rolling underwater and upright again in a 360 degree revolution. Among other benefits, it may help you avoid heat stress.

Recommended Equipment for Canoe or Kayak Trips

The law requires that you wear a personal flotation device (PFD) that is Coast Guard-approved and that fits properly. A flashlight is also required by law to signal approaching vessels at night. In cold weather or cold waters, wear a wet or dry suit and a paddling jacket. Hypothermia (cold shock from sudden immersion in cold water) can render you unconscious in seconds. Since the safest position in a canoe is kneeling, knee pads will increase your comfort. Some canoes are also equipped with thigh straps for greater control. If your canoe does not have such straps, you can get them installed. A helmet is not essential for a canoe but is recommended in rough waters. However, a helmet is essential for kayaking especially when performing Eskimo rolls. Other recommended items include an extra paddle, a radio, smoke flares, a first aid kit, an air horn, a map and compass, sunblock, a bailing container and sponge, a tow line, dry clothes and a thermosful of drinking water. However, never wear hip boots while boating in deep water.

The Wet Exit

Although capsizes are often due more to inattentiveness than to rough waters, paddlers must learn how to easily exit a capsized boat. This is done near shore or in a swimming pool with a partner standing next to the boat. The paddler should practice this "wet exit" until it becomes routine.

Recommended safety gear includes a helmet, nose clips and a PFD. If you are thrown from a boat in whitewater rapids or a fast-flowing river, try to position yourself immediately so that you are floating on your back with your feet pointed downstream, feet together and toes up. Never try to stand up in fast water unless it is too shallow for swimming.

MID-WAY from Page 2

sharing with the people you love the most.

-Build new social support groups. You've heard the saying, "birds of a feather flock together." Hang out with people who exhibit our core values of Honor, Courage, and Commitment.

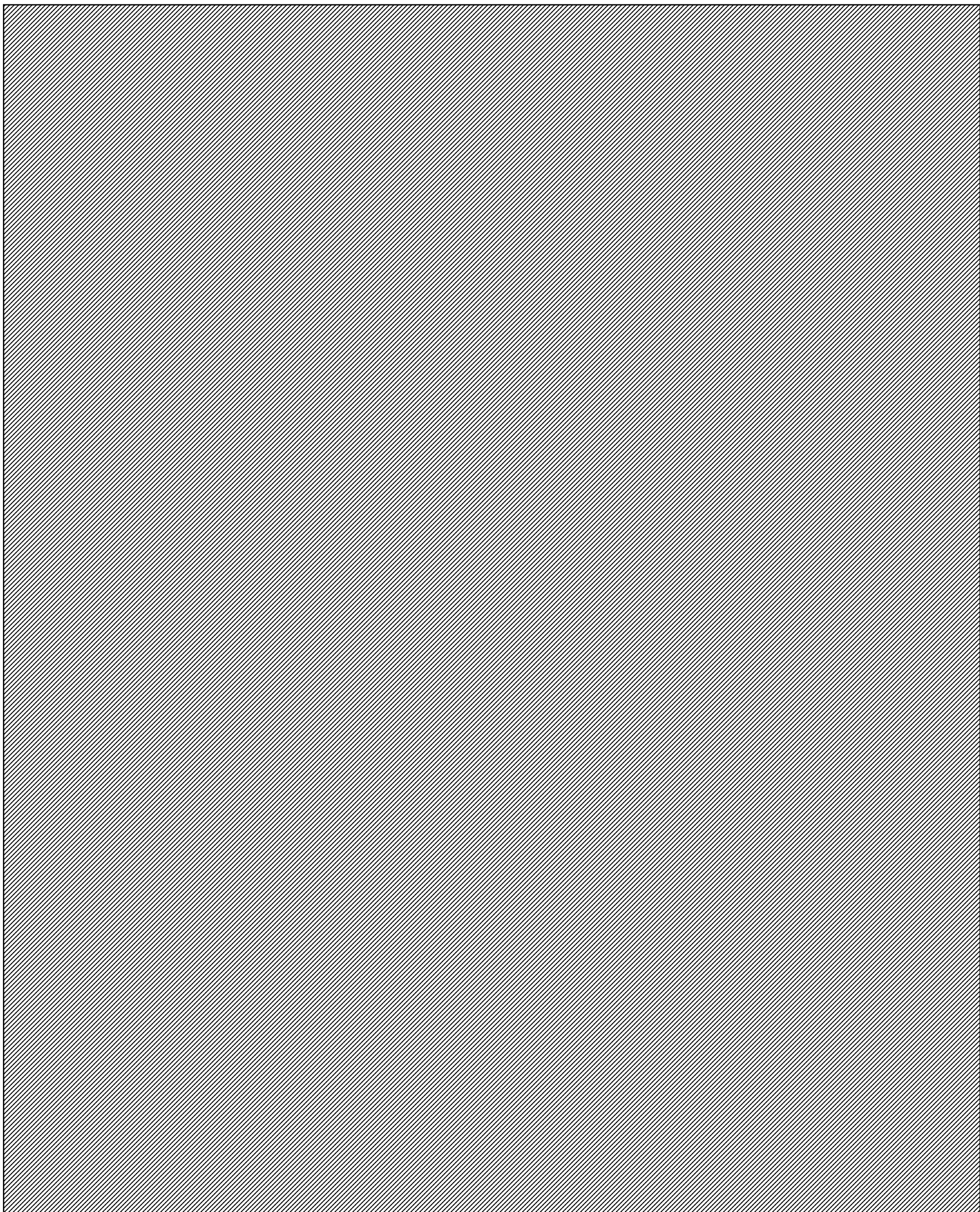
If you haven't been able to keep the resolutions you made in January, don't be too hard on yourself. I believe that

most New Year's resolutions are made to be broken. If you haven't kept yours, conduct a mid-year review and decide what you want to change in your life. Then pick the best time available to make that change—which is right now—and with an assist from a prayer, the help of a friend, and a little self-determination, there is nothing you cannot do, no matter what time of year it is!

BRIEFS from Page 3

Residents may water their landscaping from 5 p.m. to midnight on their designated days, or from 5-7 a.m. with approval from the base housing manager. Residents are not to water their patios, sidewalks, driveways or porches. Also, water left running while washing a vehicle is prohibited.

For more info, call the base housing office at 577-6871.



1986 CORVETTE COUPE: Xlt cond, 86K original miles, great car, must sell, want new one. \$8,995. OBO. Call 252-6912

FOR SALE: Girls Huffy 10 speed all terrain bicycle w/matching helmet. \$50. Call 255-4339.

WANTED: Infant Changing table. Call 252-3355 AWH.

PETS: AKG German Shepherd puppies, born 30 March 99, dewormed, all shots, parents AKC, German descendants on property. Call 256-2802.

MCCS Update ...

By Jim Gaines
MCCS Publicity

Four Star Savings at Exchange

Throughout the month your Base Exchange/7-Day Store has outstanding savings on many items. Here is just an example: Barbecue Grills from \$19.99 to \$89.99, Windchaser 12" Table Fan \$15.95,

Sharp 19" TV \$159.99, JVC 27" TV \$279.99, Techniques Tower speakers \$149.99, Blaupunkt Subwoofers 10" and 12" from \$54.99 to \$59.99, Quasar 4-Head VCR \$89.99, Kenwood System 310 radio and CD changer combo for car \$299, JVC CD changer-cassette receiver system for car \$249.95. Lots of great buys right now at your Base Exchange/7-Day Store.

The Exchange/7-Day Store is open Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for more information.

This week's lunch menu

Today – Sweet and sour pork chops, steamed rice, roll/butter.

Friday, July 9 – Herb baked fish and rice, vegetable, roll/butter.

Monday, July 12 – Open faced turkey, mashed potatoes, vegetable, roll/butter.

Tuesday, July 13 – Sausage-Chicken Creole, roll/butter.

Wednesday, July 14 – Swiss steak, mashed potatoes, gravy, vegetable, roll/butter.

All above meals served with coffee, tea or soft drink. Lunch is served at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served at the Cactus Cafe from 11 a.m. to noon. Monday through Friday. Price is \$3 military, \$4.50 civilian. For further info call 577-6428.

Family Night dinner menu

Tonight – Roast pork, mashed potatoes, vegetable, roll/butter, dessert and beverage (coffee, tea or soft drink).

Thursday, July 15 – Fried chicken, potato wedges, vegetable, roll/butter, dessert and beverage (coffee, tea or soft drink).

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday at the Family Restaurant. All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free. Call 577-6428.

Commanding Officer's Golf Tournament

Coming up Saturday, July 10 is the annual Commanding Officer's Golf Tournament. This is a two-person team format. The entry fee is \$30 per team. Green fees and cart rental extra.

Sign your team up now for this special tournament (Maximum 10 stroke handicap difference. 100 percent handicap). Deadline for sign up is today at 7 p.m. Show time is 7 a.m., tee-time is 8 a.m. shotgun.

Tees & Trees Golf Course is open from 11 a.m. to 7 p.m. Monday, from 7 a.m. to 7 p.m. Tuesday through Sunday. Call 577-6431 for more details.

Gina Galbraith's Aerobics Class

The aerobics class is held Monday through Thursday from 4:30 p.m. to 5:30 p.m. The price is \$25 per month military, \$30 per month civilian. There is a \$2 walk-in, one-session fee.

There is a free aerobics class held on Tuesday and Thursday from 11:30 a.m. to 12:30 p.m. for military personnel only. Call Gina at 252-9234 for details.

Stephanie Jefferies' Kickboxing Class

Kickboxing class is held Monday, Tuesday and Thursday from 5:30 p.m. to 6:30 p.m.

For complete details call Stephanie at 252-2213.

Water Park tickets

ITT has them – tickets to all the favorite water parks.

Hurricane Harbor at Magic Mountain, Wet n' Wild in Las Vegas, Raging Waters in San Dimas, and Rock-a-Hoola at Lake Delores. Cool off big time at these popular water parks.

See San Diego! ITT has a trip to San Diego on Saturday, July 24. Sign up now for this fun-filled trip. You'll visit Balboa Park, take in some museums, ride the carousel, or just sightsee. There is an admission fee at some museums. Then, you'll be off to Old Town with the many historic buildings, and colorful bazaars, delightful places to shop. The food is very good here and reasonably priced.

The transportation cost for this trip is \$15 round trip per person. Reservations and payment must be made by Wednesday, July 14.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Call ITT at 577-6541 for more information on the water parks and the trip to San Diego. We also have tickets to all the local amusement parks – call us.

Base pools open

The pool hours are Tuesday through Sunday, 11 a.m. to 7 p.m. The pools will be closed Monday. Lap swimming hours at both pools are 11 a.m. to 1 p.m. only.

Only authorized pool patrons are allowed to use the pools. Authorized patrons include military, retirees and their family members. Each authorized patron is permitted to have one guest. Patrons will be asked to show their identification cards and sign in prior to using the pool. Oasis Club pool access is restricted to members of the club system and their immediate family.

For more info call CWO Bill Bradshaw or Brenda at 577-6543.